APPENDIX A

Description of the Kitchen and Some Notes on Food Preparation in a Relatively Prosperous Household[1]

Friday, May 22, 1953

Arrived at 5:15 a.m. When we reached the house, the mother was holding the dog. The house was dark, and we walked around sleeping babies and children. . . . . The 15 year old niece who prepares meals here, was already at work. For light she had an oil lamp, a tin of about 1 pt. capacity, with wick. The rice was already measured, but she waited until SS could weigh it, before putting it on to cook. SS used her flashlight to see the scale and her notebook.

The kitchen here has a thatched roof, well smoked, but the walls and "windows" are of woven split bamboo. A sliding wooden "window" can be pushed back to allow access to a broad shelf outside. Here a large pan of pond water is kept, so that dishes may be rinsed and hands rinsed after each operation. Dishes are stacked upside down, on a wooden rack nearby, to dry.

The stove area in the corner has place for one fire, but several places for pots to stand. Downstairs, under the shed near the fish pond, is a larger clay stove, where the niece cooks the rice in the morning (enough for noon as well) and some other items; for example the (3)khii-(2)leg leaves which were cooked last night for use in sour curry this a.m. This probably keeps the kitchen cooler than it would otherwise be. Waste, fish bones, vegetable parings, etc., which are to be given to the chickens, can be thrown below through the space between two floor levels (kitchen and main rooms).

Rice water, coconut water, and food left in the serving bowls when the meal is over, are given to the dogs. A bowl is kept below, near where rice is drained, for dog food. Food left in pots is kept for humans to eat.

Fish caught in the pond are kept alive in pond water, in a water jar. When a fish is wanted, the niece catches one from the jar, stuns it with the back of her knife, and scales and cleans it on a split log nearby (rounded side of log up). The fish is put into a small basket, and the niece

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1. In reproducing these notes, slight changes have been made such as substitution of descriptive terms for personal names which appeared in the original.

117 takes it down the steps to the fish pond, where she swishes
252 the basket around to wash the fish, and rinses her hands at the same time.

[23] There are some hazards to the food--chickens trying to get at the edible part of fish while the niece cleans it (she leaves the scales, etc. for them to eat); cat and kittens in the kitchen, having to be driven away from the grated coconut and coconut milk, and getting an occasional unweighed nip. Whether we start to weigh food for the evening meal or a.m. meal, some cooked foods are apt to be used, either left over
[26] from a previous meal, or cooked in advance. This a.m., for
[26] example, buffalo meat, already cooked (but not weighed before cooking) was used, and (3)khii-(2)leg leaves, which SS weighed last night. These latter were cooked last night, to reduce bitterness, then put into curry today.

Description of Food Preparation Area in a Relatively Poor Household

Wednesday, May 27, 1953

117 Arrived about 5:45 a.m. While other food was being pre-
[26] pared, the 11-year old son came in with a package of salted white radish and a small milk tin with some coconut oil which had just been bought. This is the house which we found flooded when they sent for us to see the baby last fall. The roof seems to be well thatched. The floor is not wet after last
[35] night's downpour. The bed platform, in one corner, is about
[35] 8 x 10 feet. The baby's cradle hangs above it. In the oppo-
[35] site corner is a shelf where utensils are kept. Some food,
[25] in paper bags, is in a basket hung from the roof. Fresh fish
[35] is kept in a jar of water until needed. The stove is on a small mound of earth, and further elevated on a small box (just big enough for the stove) filled with earth.

[55] We sit on a mat, spread on the mud floor, with the
[55] scales, plastic bowls and waxed paper ready for weighing food. The children lie on a mat nearby. In the house is a fresh mound of earth, a small straw bin with rice, and various pieces of equipment.

Notes on Meal Service

In a Relatively Prosperous Household

Friday, May 22, 1953

117 262 Before breakfast is served, the six-year old girl comes with a piece of jack fruit. SS weighs it and tells her to bring back what she does not eat. Later she comes with hands full of stones (14 of them). She has eaten this much as a "snack" before the regular meal. The grandmother finishes the piece (7 stones) and gives the rind to SS to weigh.

[264] At breakfast the family sits in a circle on the kitchen floor. Each person except the baby has his own bowl of rice before him. In the center of the circle, within reach of all, are four small dishes of "with-rice" which has been prepared for breakfast: sour curry of buffalo meat, curry of (3)khii-(2)leg leaves, bean sprouts and one small fried fish. The mother takes a very small bit of fish on a spoon with rice, and feeds baby. During breakfast baby has 6 bites of rice with fish, nine small spoonfuls of rice with sour curry. The mother herself eats one bite of fish. She takes four spoonfuls of sour curry on plate with rice. This is shared with baby. Mother and baby eat mainly rice, fish and sour curry of buffalo meat, whereas grandmother and the six-year old girl have curry of (3)khii-(2)leg leaves and bean sprouts with their rice.

In a Relatively Poor Household

117 853 [533]

Wednesday, May 27, 1953

While the mother finishes the meal preparation, the seven-year old girl feeds the baby, first rice with some chopped egg, then rice with the "water" from the egg. The mother remarks that she cannot cook unless someone looks after the baby.

117 264 Technique of eating -- A tray with the "with-rice" is set out, also a bowl with water, for rinsing the hand, and a basin or bowl with drinking water. There are spoons in the "with-rice," but these seem to be used for taking some of the juice, which may be eaten directly or put on the individual's bowl of rice. Solid pieces are taken from the serving dish by hand, and mixed with some of the rice, which is then picked up in the right hand. Occasionally the person eating will rinse his hand with water. When finished, each person rinses his bowl (using either water from the bowl nearby, or from the general supply -- in this case the canal). Dishes are turned upside down on the platform near the stove, to dry.

Examples of Notes on Food Eaten by Individuals

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264 Household 16 July 23, 1953

Family members observed at meal-time: All, as they ate breakfast at various times.

Notes re kind and amount of food eaten:

Breakfast: Girl aged 12 and boy aged 7 start eating at 7:20 a.m. Each one has one dish of rice and stew of swamp cabbage and salt fish for breakfast. They are through eating at 7:40 a.m.

9:10-9:30 a.m. Father eats two dishes of rice with stew and mother does also.

10:10-10:20 a.m. Son, 18 yrs. old, returns home and eats two dishes of rice mixed with stew.

10:40-11:00 a.m. Sons aged 25 and 20 have breakfast. The older one eats two dishes of rice but the younger one eats three.

11:30 a.m. Daughter aged 22 has two dishes of rice and stew. She is through eating at 11:45 a.m.

Household 67 May 26, 1953

Family members observed at meal-time: Mother and children.

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262 Notes re kind and amount of food eaten:

Dinner: Girl aged 7 seems to be fond of fish but dislikes vegetables. Boy aged 11 likes to eat the vegetables from the curry. Each one eats two dishes of rice mixed with small amount of hot curry (5:02-5:17 p.m.)

[855] One year old baby is fed by his older sister, eating two spoonfuls of rice mixed with boiled coconut milk. Whenever he refuses to eat, his mother nurses him.

5:40-5:55 p.m. Mother eats 3 dishes of rice with 2 dishes of hot curry, containing a small amount of fish.

Father begins eating at dark so we can't see him.